

General

- **The H1N1 vaccine is now available to the general public in Salt Lake County**
- Since vaccinations began on October 7th, Salt Lake County has received over 200,000 doses of H1N1 vaccine:
- **Over 40,000 doses have been administered at SLVHD clinics.**
- There is no out-of-pocket expense for the vaccine at SLVHD clinics, although some private providers may charge a small administration fee
- People are asked to please bring their insurance card to SLVHD clinics if applicable for administrative billing.

Availability

- **The H1N1 vaccine is now available to the general public in Salt Lake County.**
- **The general public can now access the vaccine at the following Salt Lake County locations:**

Harmons, Smith's, Walgreens and Jolley's pharmacies. Please contact your local pharmacy for details and vaccine availability.
SLVHD's four H1N1 vaccination clinics – South Main, Southeast, Salt Lake City and Ellis R. Shipp.

- Private healthcare providers continue to receive increasingly large shipments of the H1N1 vaccine. Please check with your healthcare provider (OB-GYNs, pediatricians & family practice) for availability.
- Utah Flu Vaccine Locator: <http://www.immunize-utah.org/apps/flu/index.php>

Safety

- The H1N1 vaccine is made the same way the seasonal influenza vaccine has been made for many, many years. It has a good safety record.
- For those concerned about the preservative thimerosal, preservative-free vaccines will be available in limited quantities.
- Common side effects are similar to the nasal spray and injectable vaccines for seasonal influenza, which are mild, localized reactions:
 - Possible side effects for injectable vaccine:
 - § Soreness, redness, tenderness or swelling at injection site
 - § Headache
 - § Muscle aches
 - § Fever
 - § Nausea
 - Possible side effects of live-virus nasal spray vaccine:
 - § Runny nose
 - § Headache
 - § Sore throat
 - § Cough
 - § Fever (not common in adults)

More Information

- More information is available at www.slvhealth.org/h1n1 or by calling 2-1-1.
- Other information resources:
 - § [SLVHD on Twitter](#)
 - § [SLVHD on Facebook](#)
 - § [SLVHD on YouTube](#) (View our “**Day #1 – H1N1 Vaccinations Begin**” video)

Holiday Travel Health

- CDC has launched a new travel healthy campaign for the holiday season
<http://wwwnc.cdc.gov/travel/content/novel-h1n1-flu.aspx>
- Campaign highlights four important steps:
 - “Travel well” – travel only when well
 - Wash your hands often (soap & water or sanitizer)
 - Cover your cough and sneeze
 - Get vaccinated against the flu (especially target population)

Flu Fighter Campaign

- Statewide media campaign to increase flu prevention messages and awareness.
Utah Vaccination Locator logo (attached) – can be put on websites, should link to:
<http://health.utah.gov/immu/apps/flu/index.php>
- The campaign was developed to give Utahns critical information in three distinct areas:
 - How to prevent the flu,
 - How to get vaccinated, and
 - What to do if you get sick.
- Campaign website: www.utahflufighters.org (corrected link)
SLVHD has integrated the campaign logo and information into their website & messaging (www.slvhealth.org)
- Downloadable posters from the media campaign are available at:
<http://www.utahflufighters.org/h1n1-swine-seasonal-influenza-resources.php>

Prevention

- Take everyday actions to help you stay healthy.
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands with soap and water after you cough, sneeze or blow your nose.
- Wash your hands often. Use warm water and scrub for about 20 seconds. Alcohol-based hand sanitizers are also effective (at least 60% alcohol)
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Stay home if you are sick! CDC recommends you stay home from work or school until your fever has been gone 24 hrs.
- Limit your contact with others to prevent the spread of infection.
- Know how to limit the spread of H1N1 in your home.
- Keep the sick person away from others as much as possible.
- Ensure the sick person covers their coughs and washes their hands often with soap and water or an alcohol-based hand sanitizer– especially after coughing or sneezing.
- Have everyone in the household clean their hands often.

- Ask your healthcare provider if household contacts of the sick person – such as those with chronic conditions – should take antiviral medications to prevent flu.
- Learn more about caring for yourself or a sick person at home at www.slvhealth.h1n1.
- Stay informed. Visit www.slvhealth.org or call 2-1-1 for accurate, reliable information.

Questions? Need more detailed information?

- o **Call 2-1-1.**
 - o *Please refrain from calling SLVHD's main phones or clinic numbers.*
- o Visit www.slvhealth.org/h1n1.
- o [SLVHD on Twitter](#)
- o [SLVHD on Facebook](#)
- o [SLVHD on YouTube \(H1N1 Videos\)](#)